



DEPARTMENT OF ADMINISTRATION
Office of Employee Benefits

Diabetes Prevention Program Enrollment is Underway!

The [State's diabetes prevention program](#) (DPP) is back and enrollment/registration is underway! The State's DPP is administered by Blue Cross & Blue Shield of Rhode Island and is available to you and your age 18+ dependents at no additional cost – you just have to be covered by one of the State's active Anchor medical plans and meet CDC-recommended health criteria.

The State's DPP will be available in both a virtual program through Livongo* and an in-person program through the Lifespan Community Health Institute.** ***Employees who complete all 31 virtual sessions or attend 20 in-person sessions will receive a one-time, taxable \$500 incentive payment.****** Eligible

dependents age 18+ may participate in the program but will not receive the completion incentive.

Important note on repeat participants: If you previously completed the State's pre-pandemic DPP that was administered by the YMCA of Greater Providence and received the \$500 taxable incentive, you may participate in this new iteration of the DPP and you will be eligible to receive the \$500 completion incentive payment. However, moving forward you are only eligible to receive one DPP completion incentive payment – if you earn the DPP completion incentive payment for completing the in-person DPP through Lifespan, you are not eligible to also receive the DPP completion incentive payment for completing the virtual DPP through Livongo, and vice versa.

Choose how you want to participate

In-person DPP – (UPDATED!) sessions scheduled to begin the week of April 17th, 2023

- Attend sessions at BCBSRI's Your Blue Store location in Cranston or a Lifespan facility in Providence.
- Classes are offered Tuesday and Thursday at 4:30 p.m. You can choose the time and location that best suits you.
- Work with a trained lifestyle coach to adopt and maintain healthy habits.
- To get started:
 - Register at the [Lifespan Community Health Institute website](#).

- *Must attend at least 20 sessions to qualify for the \$500 incentive payment.*

Virtual DPP – available now!

- Participate via the Livongo app or website (no smartphone required).
- Work with an assigned health coach, track activities, and complete lessons.
- Receive a scale and blood pressure monitor (at no added cost to you) to track your progress
- To get started:
 - Visit healthy.livongo.com, and use registration code RHODEISLAND.
 - Call Livongo Member Support at (800) 945-4355 for enrollment help.
- *Must complete all 31 sessions to qualify for the \$500 incentive payment.*

Have a question?

Please call the BCBSRI State of Rhode Island Employee CARE Center at 401-429-2104 or 866-987-3705. CARE Center hours are Monday–Friday, 8am–8pm and Saturday, 8am–12pm.

NOTES:

** The virtual DPP through Livongo and the \$500 taxable incentive payment are being offered on a trial basis in 2023.*

*** The in-person DPP through the Lifespan Community Health Institute is intended to replace the DPP described in union collective bargaining agreements:*

16.10.C. Diabetes Prevention Program (DPP) Completion Incentive. Employees that attend a minimum of 20 out of the 25 sessions in the Diabetes Prevention Program (DPP), as certified by the program administrator (currently YMCA of Greater Providence), shall receive a one-time taxable \$500 cash incentive reward.

**** The virtual program incentive payment is subject to a once-per-lifetime maximum. The in-person program incentive payment is subject to the terms and conditions described in union collective bargaining agreements.*

(If you're going to print this email, use attached "Printing Version" for best results)

Office of Employee Benefits

One Capitol Hill, 3rd Floor

Providence, RI 02908

www.employeebenefits.ri.gov

Phone: (401) 574-8530

Fax: (401) 574-9281